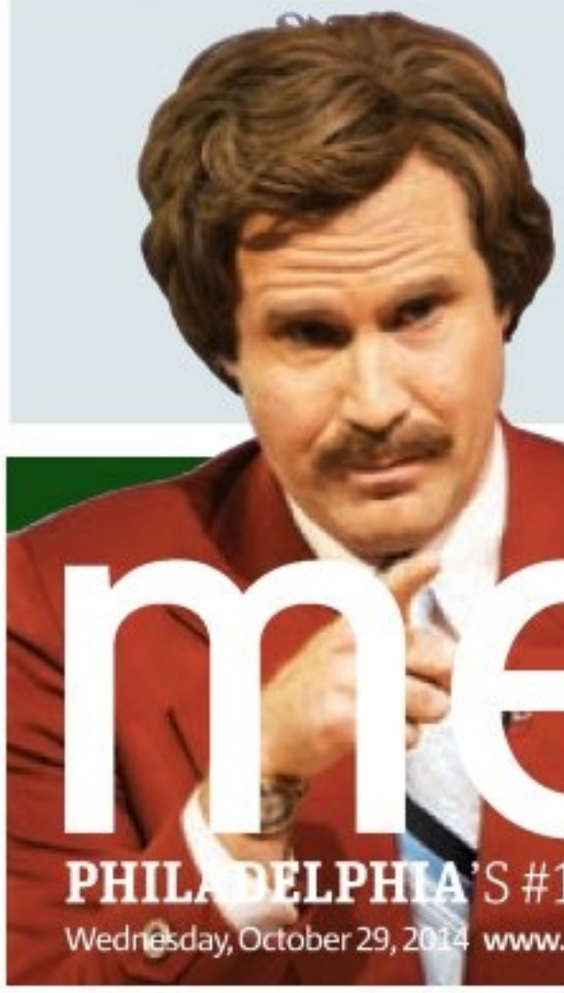

NOW WE MUSTACHE YOU AN IMPORTANT QUESTION

DO YOU UNDERSTAND JUST HOW MEANINGFUL MOVEMBER IS? PAGE 20

metro

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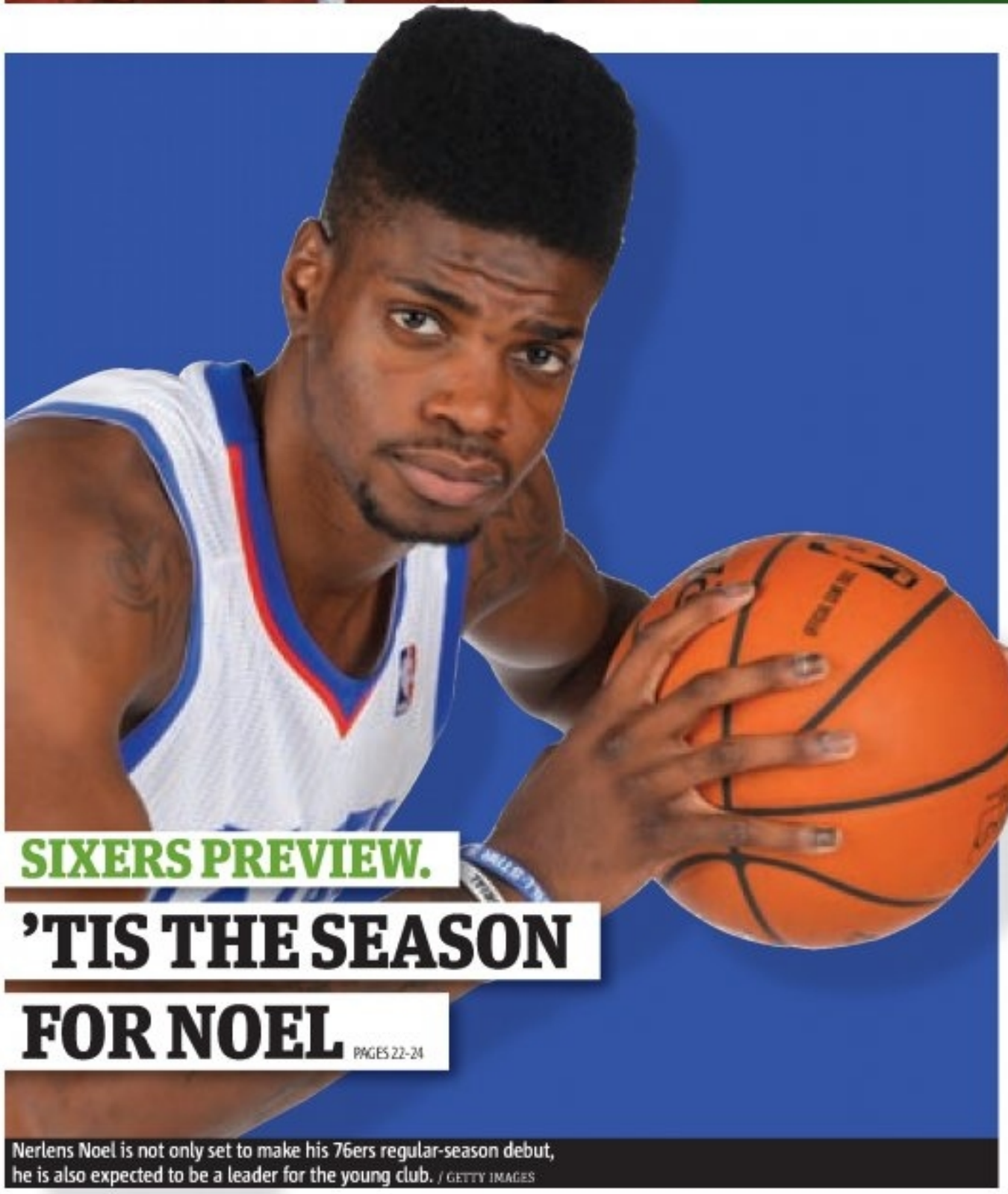

SIXERS PREVIEW.

'TIS THE SEASON FOR NOEL

PAGES 22-24

Nerlens Noel is not only set to make his 76ers regular-season debut, he is also expected to be a leader for the young club. / GETTY IMAGES

Human bones dug up in South Jersey yard

Community. While a local construction crew was digging in a Riverton yard to build a swimming pool, they came across skeletal remains. A State Police forensic anthropologist was called in to examine. PAGE 04

Ooh, Shailene Woodley talks sexy with us

PAGES 14-15

Ages and Ages since we dug a band this much

PAGE 16

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1 NEWS

Quoted

'Money or Sex'

The Dalai Lama's answer to a Princeton University student's question, "What is the key to happiness."

The spiritual leader of Tibetan Buddhism gave a lecture titled "Develop the Heart" at the Ivy League university Tuesday morning. A question-and-answer session followed the lecture.

Top 3

What's trending online at Metro.us

1 'Benedict Cumberbatch will play Doctor Strange in the last major movie franchise he wasn't in yet'

2 'Rene Russo likes to stay up late'

3 'Official ESPN SportsCenter Twitter feed pisses off Red Sox fans everywhere'

Teachers will keep their health benefits for now

Education. The School District and teachers' union battle will head to Commonwealth Court.

The School District of Philadelphia cannot force members of the teachers' union from changing its health care plans.

But the district will appeal this decision to the Commonwealth Court.

Common Pleas Court ruled on Tuesday that the district could not force members of the Philadelphia Federation of Teachers to pay their health care premiums.

The School Reform Commission, which governs the school district, attempted to cancel the PFT's contract on Oct. 6. As part of the cancellation, it attempted to force the more than 11,000 teachers to start paying toward their health care premiums starting Dec. 15.

In its appeal, the School Reform Commission is hoping that the court will uphold its attempt to cancel the PFT's contract.

According to a statement from the School District, district officials are "pleased with the action taken by the Common Pleas Court."

Visit **Metro.us** for full coverage of the Philadelphia School District.

"The parties asked the Common Pleas Court to enter this order and agreed on the terms to be maintained while an appeal of the order is under consideration," the statement added.

In a statement, PFT President Jerry Jordan said "This ruling, emphasizes what the PFT has been saying all along: these and other economic issues need to be worked out at the bargaining table, not the courtroom."

Dates to hear oral arguments will be set, but may not happen for a month or more.

Details

The order could jeopardize the School Reform Commission's promise that the contract cancellation would save the district $54 million.

- The district already distributed $15 million to schools.
- More cash distribution was planned, but could be in jeopardy.

TOMMY ROWAN
@tommyrowan
tommy.rowan@metro.us

Graduates

6

The center, which opened in 2012, has six dog graduates.

Bretagne enjoys a few last moments with her foster mother at the Penn Vet Working Dog Center graduation ceremony. / CHARLES MOSTOLLER, METRO

Leaders. Penn Vet graduates three dogs

One will alert her owner when his blood sugar is low. Another will sniff out drugs for the New Jersey State Police. And a third will aid in search-and-rescue missions.

Top dogs

Other graduates of the Working Dog Center:

- **Socks** (yellow labrador retriever), the first canine cadet to join the Penn Police
- **Ronnie** (German shepherd), explosives detection dog for SEPTA
- **Kaiserin** (Dutch shepherd), explosives detection dog

These three dogs on Tuesday graduated from the Penn Vet Working Dog Center.

"It will be extremely rewarding to see them thrive in their careers as they put their scent-detection skills to work in order to save lives," said Cindy Otto, executive director of the center.

Bretagne, a two-year-old golden retriever will work with her New Jersey owner Wayne Mowry, who has type 1 diabetes. Morgan, a two-year-old labrador retriever, will join Trooper Brian Stanker in the New Jersey State Police Narcotic Detection K9 Unit. Thunder, a two-year-old chocolate lab, will join Spring Pittore of New Jersey Task Force One in search and rescue. CHRISTINA PACIOLLA

Manayunk

Historic bridge trail breaks ground

By 2015, the historic Manayunk Bridge will be the bridge for pedestrians and cyclists that crosses over the Schuylkill River.

On Tuesday, officials broke ground for the $4.1 million extension of the Cynwyd Heritage Trail. When complete, the bridge will connect the trail, from Lower Merion to the Schuylkill River Trail network in Philadelphia.

The bridge first opened in 1918. It was last used — as a railway crossing — in 1986. METRO

Overbrook

Officer who threatened to hit boy removed

Police confirmed that the officer caught on video threatening to beat up a young man for making eye contact outside Overbrook High School was removed as a school officer.

"Big man. You got a problem? 'Cause I notice that you keep trying to make eye contact with me," the officer says in video of the Oct. 17 incident uploaded to Facebook. "Keep walking. And next time you look me in my f—in' eye I'm gonna beat the s— out you. Now get the f— out of here."

"The department is looking at what measures to take," Lt. John Stanford said. SAM NEWHOUSE

Visit Metro.us to see the video. / FACEBOOK

City Council had 'no desire' to sell PGW without vote

Philadelphia. City Council members explain how they came to oppose selling PGW for $1.86 billion.

Despite criticism of City Council for announcing it does not support the proposed sale of Philadelphia Gas Works without a public hearing or vote, Council members defended the decision.

"There was clearly not the desire among Council members to sell PGW," said City Councilman Bill Greenlee. "It was time to move on."

Mayor Michael Nutter denounced the decision as "a total abdication of duty and responsibility" on Monday.

Political watchdog Committee of Seventy interim director Ellen Kaplan said in a statement that making the decision without a public vote or hearing "violates every principle of transparent and effective governance."

But City Councilman David Oh defended the move.

"I don't know of any other way that it could have been handled," Oh said. "Nobody introduced the bill. I think that's a big sign."

"I don't remember any issue of this size not coming to an up or down vote," said Councilman Jim Kenney. "But I don't think there's a big appetite in the council for the sale."

No PGW sale

City Council President Darrell Clarke announced Monday that City Council opposes selling PGW to Connecticut-based UIL Holdings for $1.86 billion.

- Clarke said hearings will be held to explore how to establish Philadelphia as a regional "energy hub."

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Beautifying Bainbridge Street

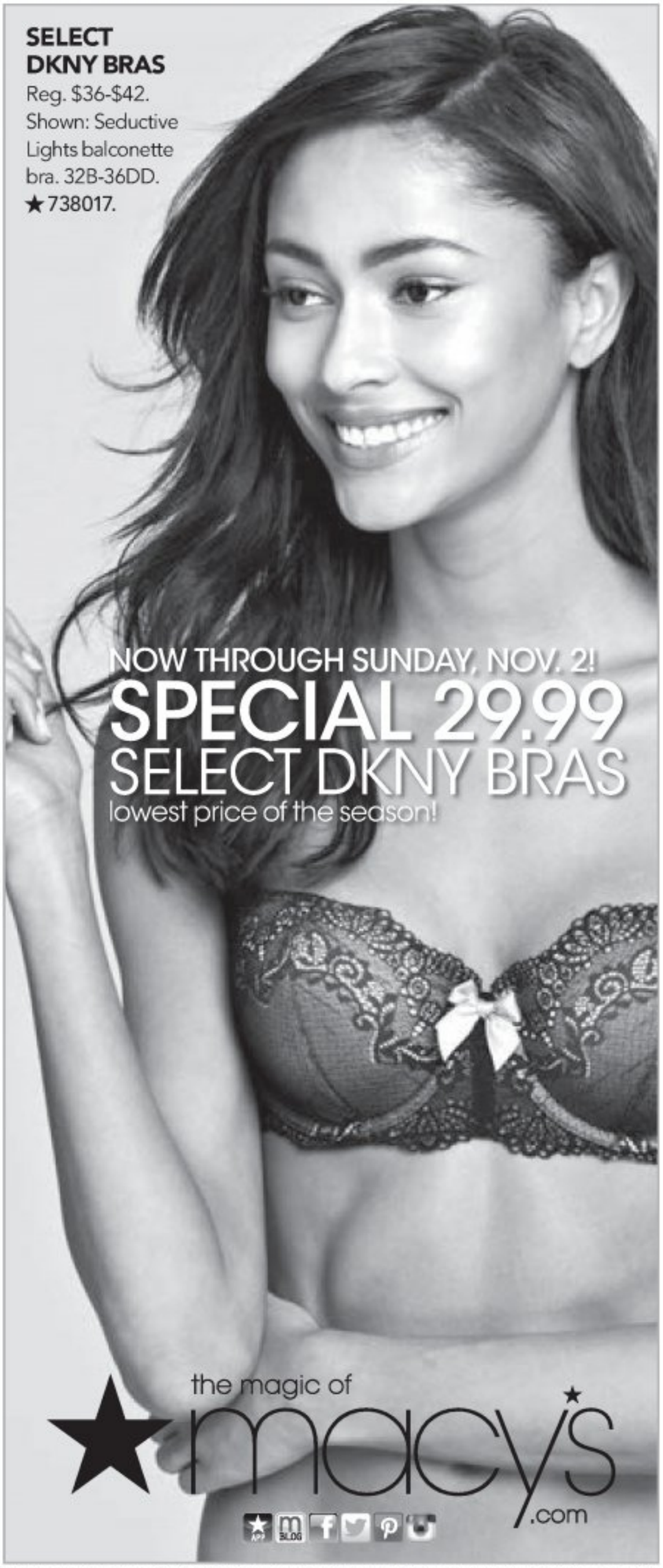
Philadelphia artist Kelly Franklin, 28, paints a floral design on a sidewalk on Bainbridge Street in South Philadelphia as part of a renovation project for the Bainbridge Green on Tuesday.

CHARLES MOSTOLLER, METRO

Frankford

Manslaughter charges for dad who killed daughter's boyfriend

Charles Jordan, 41, who fatally shot a man he claimed he thought was an intruder in his daughter's bedroom, has been charged with voluntary manslaughter, reports say. Marc Carrion, 32, was killed Sept. 15. Jordan claims he heard noises in his 20-year-old daughter's bedroom, discovered Carrion on the floor and ordered him at gunpoint not to move. When Carrion moved, Jordan fired. METRO



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Flush. Philadelphia competes for best toilet in the country

While most of Philadelphia's sports teams are in the proverbial toilet, the city is competing for the best toilet in the country. Seriously.

Well, it's just outside of the city. The public restrooms at Longwood Gardens in Chester County are on a short list for the best public restrooms in the country. The public votes in the winner, and the voting ends on Halloween day.

What sets the Longwood Gardens restrooms apart are its well-lit corridor and its leaf-covered walls.

According to Cinta, which is hosting the contest, the 17 restrooms "are part of the largest indoor 'Green Wall' in North America! The staff at Longwood worked with artist Kim Wilkie on an unprecedented feat of bathroom architecture."

Visit www.bestrestroom.com to vote. **TOMMY ROWAN**

University City

Report: Penn produces most billionaires

The University of Pennsylvania produces more undergraduate alumni who have gone on to become billionaires than any other university in the world, according to a report.

The Wealth-X report tallied 25 billionaires, which is better than Harvard with 22 and Yale, with 20. **METRO**

Century 21 now open

One of the first shoppers through the door waved to the media as Century 21 opened to the public on Tuesday at its new location on Market Street. Hundreds of people lined up around the block to be the first customers in the store.

CHARLES MOSTOLLER, METRO

Riverton. Skeletal remains found in backyard of S.J. home

A New Jersey State Police forensic anthropologist was called to a sleepy South Jersey community on Tuesday morning to examine human skeletal remains that were found in the backyard of a home there.

Workers digging to install a swimming pool behind a Bank Avenue home in Riverton, Burlington County, made the grim discovery and immediately contacted authorities.

According to Riverton Police, the remains appear to be very old and no evidence suggests foul play.

Neither the age nor sex of the person to whom the skeleton belongs to had been revealed by press time.

"There is no need for the public to be alarmed," said police in a statement on its Facebook page. **METRO**

The Riverton Yacht Club is two blocks from where the remains were found. / WIKIMEDIA

A year ago

In October of 2013, Riverton Police had responded to 911 calls that a woman was found dead on the ground on Carriage House Lane in Riverton.

- The victim was Te'Aira Denise Earvin, 22, of Ohio. The woman had no relation to anyone in Riverton.

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Obama defends US Ebola guidelines, backs American volunteers in Africa

Ebola-free

Dallas nurse discharged from hospital

A Dallas nurse who contracted Ebola was released from Emory University Hospital in Atlanta on Tuesday after being found free of the virus and thanked God and her family for helping her recover.

"I sincerely believe that with God all things are possible," said nurse Amber Vinson, who looked vibrant at a news conference with the health workers who treated her.

Vinson is the fourth patient successfully treated for Ebola at Emory's hospital. REUTERS

Safe troops. The US military has stressed that its personnel are not interacting with Ebola patients.

As the second of two nurses infected while treating an Ebola patient left an Atlanta hospital, President Barack Obama on Tuesday said policies adopted in the United States should not discourage Americans willing to fight West Africa's outbreak.

Obama weighed in for the first time since states including New York and New Jersey imposed automatic 21-day quarantines on doctors and nurses returning from the three countries at the heart of the outbreak — rules that go beyond federal guidelines.

Amber Vinson, a Texas nurse who contracted Ebola after treating an infected patient, hugs members of her nursing team during a press conference after being released from Emory University Hospital. / GETTY IMAGES

Quoted

"We don't want to discourage our health care workers from going to the frontlines and dealing with this in an effective way." Obama

Obama said that these medical workers, often volunteers for international humanitarian groups, should be "applauded, thanked and supported."

"And we can make sure that when they come back, they are being monitored in a prudent fashion. But we want to make sure that we understand that they are doing God's work over there. And they're doing that to keep us safe," Obama added.

The states implementing quarantines have said saying federal policies do not adequately protect the public.

Federal health officials and others have criticized stricter state measures as potentially counterproductive, saying they could deter American doctors and other health care professionals from volunteering to help fight the epidemic at its source in West Africa.

"We don't want to do things that aren't based on science and best practices because if we do then we're just putting another barrier on somebody who's already doing really important work on our behalf," Obama said, noting that containing the outbreak in Africa will make Americans safer from Ebola.

In reference to quarantines being implemented by the military, Obama said service members were in a "different situation" than health care workers. He said troops were sent as part of their mission and could expect such inconveniences. REUTERS

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Tech. Twitter's efforts to engage users has yet to fully pay off

Twitter's efforts to improve user engagement and growth rates are taking longer than expected to gain traction, prompting a wave of rating and price target cuts on the stock.

Twitter's shares fell 14 percent to a near four-month low of $41.80 in early trading on Tuesday. As of Monday, the stock had already fallen about 24 percent this year.

The online messaging service said on Monday its timeline views per user, a measure of engagement, fell 7 percent in the third quarter.

Twitter's user base also grew at a slightly slower rate of 23 percent in the quarter, raising concerns that the social network was losing ground to new mobile services such as WhatsApp and Instagram. REUTERS

No commercials

YouTube explores paid, ad-free service

YouTube, the popular online video service owned by Google Inc., is planning to offer a paid, ad-free version, the head of the site said.

The move would represent a significant change for the world's No. 1 online video website, whose free videos, often accompanied by short commercials, attract more than 1 billion users a month. REUTERS

Apple CEO fires back as retailers block Pay

Response. Cook's comments come after drugstores blocked the mobile payments service.

Apple Inc. CEO Tim Cook fired back at CVS and Rite Aid on Monday after the drugstore chains blocked the iPhone maker's mobile payments service, saying there were plenty of other retailers around the world to sign up.

Apple Pay launched about a week ago and saw more than a million credit cards registered over the first 72 hours. It already totes up more transactions than all other "contact-less" payment methods combined, Cook said, citing Visa and Mastercard data.

Such services, through which a user pays by holding a smartphone close to a specially designed terminal, have failed to catch on in the United States despite the backing of Google and other influential players.

News emerged over the weekend that CVS and Rite Aid had opted out of Apple Pay in favor of a rival system that roughly 50 chains, including Wal-Mart and Best Buy, are developing for in-house use. "We've got a lot more merchants to sign up, we've got a lot of banks to sign up and we've got the rest of the world," Cook told the Wall Street Journal Digital Live conference, in the company's most extensive comments on the blockade so far.

In launching Apple Pay, the iPhone maker hopes to lock in more customers for its mobile devices by enhancing their utility. Industry experts say it can become the first widely used payments feature on smartphones. REUTERS

Cook argued on Monday that Apple Pay offered better security and privacy than competing services. / GETTY IMAGES

Quoted

"We've got a lot more merchants to sign up, we've got a lot of banks to sign up and we've got the rest of the world."

Cook told the Wall Street Journal Digital Live conference, in the company's most extensive comments on the blockade so far.

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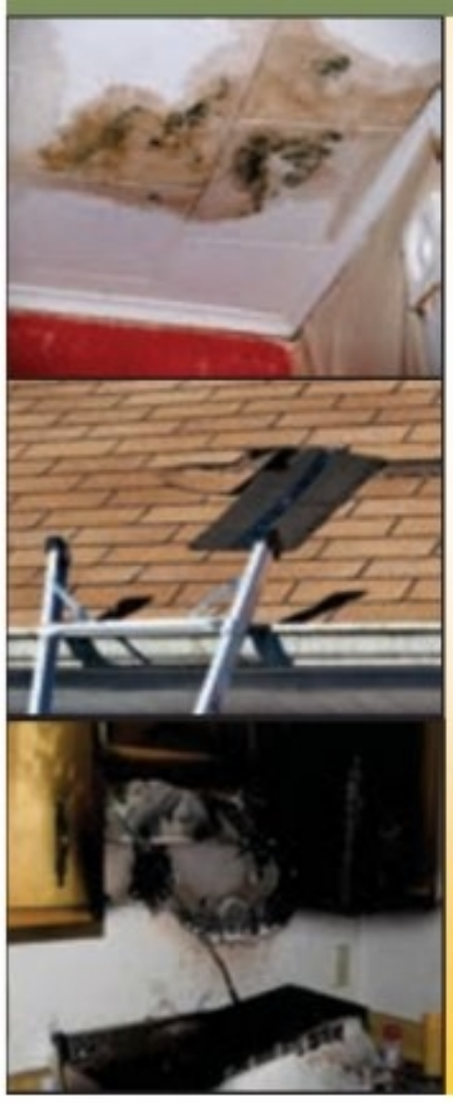

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'Maryland'

Nancy Oviedo, Revere, Mass.; Category: My City's Magic

Smartphone plans

US sues AT&T over data 'throttling'

The U.S. government filed a lawsuit against AT&T on Tuesday, alleging they sold consumers unlimited data plans but would reduce their Internet speeds once they exceeded a certain amount of data.

The Federal Trade Commission said that this "throttling" of Internet feeds was deceptive and that in some cases data speeds were slowed by nearly 90 percent.

AT&T called the allegations "baseless" and said the practice was to manage the network.

"We have been completely transparent with customers since the very beginning," said Wayne Watts, AT&T's general counsel. "This program has affected only about 3 percent of our customers, and before any customer is affected, they are also notified by text message." REUTERS

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Bomb suspect pal guilty of lying to feds during probe

Trial. A friend of the accused Boston Marathon bomber now faces 16 years behind bars.

Phillipos leaves the Moakley Federal Courthouse on Tuesday after being found guilty by a jury. / NICOLAUS CZARNECKI, METRO

A jury on Tuesday found a college friend of the accused Boston Marathon bomber guilty of lying to federal investigators probing the deadly attack.

Robel Phillipos, 21, was charged with lying about having visited suspected bomber Dzhokhar Tsarnaev's dorm room at the University of Massachusetts Dartmouth three days after the 2013 attack that killed three people and injured more than 260.

Phillipos was present when two friends removed a backpack containing empty fireworks shells from the room.

Phillipos was on trial in Boston for two criminal counts of lying to investigators, one for saying he did not remember the visit and one for denying it. He later signed a written confession admitting to it, following an FBI interrogation.

Defense attorneys argued he was "high out of his mind" on marijuana on the day in question, and therefore did not lie when he told detectives that he could not remember going to the room.

He faces up to 16 years in prison when he is sentenced on Jan. 29. Until then, Phillipos remains under house arrest.

Following Tuesday's verdict, the Cambridge resident showed no emotion when leaving federal court. **MORGAN ROUSSEAU**

NASA

Unmannned rocket explodes on lift-off

An unmanned Antares rocket exploded seconds after liftoff from a commercial launch pad in Virginia on Tuesday, a NASA TV broadcast showed.

The 14-story rocket, built and launched by Orbital Sciences Corp., bolted off its seaside launch pad at the Wallops Flight Facility at 6:22 p.m., carrying a Cygnus cargo ship for the International Space Station. It exploded seconds later.

The cause of the accident was not immediately known, said NASA mission commentator Dan Huot.

NASA said there were no injuries.

"This has been a lot of hard work to get to this point," Orbital Sciences Executive Vice President Frank Culbertson told the launch team just before liftoff.

The rocket contained an experiment to analyze meteors as they burn up in Earth's atmosphere. **REUTERS**

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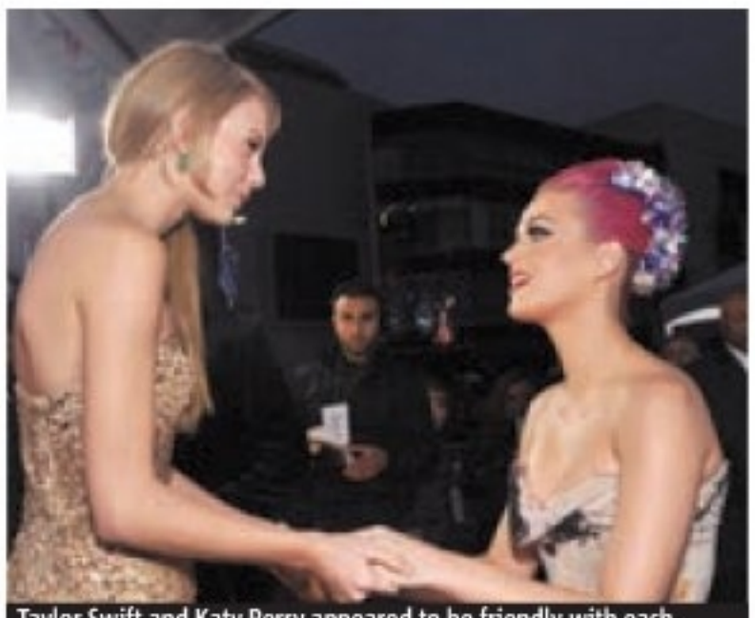
The Taylor Swift and Katy Perry feud heats up



Taylor Swift and Katy Perry appeared to be friendly with each other in 2011, but apparently no more! /GETTY IMAGES

That feud between Taylor Swift and Katy Perry is reportedly so serious that it might cost a prominent tour director some work. Baz Halpin has handled the direction and production design for a number of tours for both Perry and Swift, but now that Perry has been tapped for the next Super Bowl Halftime Show and asked Halpin to join her, Swift is fuming, according to Radar Online. "She got word of Baz agreeing to do the show for Katy, and Taylor has flat-out said she will not hire him ever again for any performance or tour if he goes ahead with his decision," a source says. "Katy got word of Taylor's 'ultimatum' and found it quite amusing."

Robbie Williams: Hey everyone, check out this very private moment

In this weird new Internet age, we live in public — some more than others. Take, for instance, British pop star Robbie Williams, who kept fans and 2.35 million Twitter followers updated on the regular as his wife, Ayda Field, gave birth to their second child earlier this week. He even managed to get video of her water breaking. Fun times! The baby, a boy, eventually made his appearance, and all is well.

The tweet that accompanied this photo was: "It's OK, I've totally got this." But do you really, Robbie? / TWITTER

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

Don't take advice from this man

I thought it had been a while since we'd had an installment of "Gene Simmons: Quote Machine," but fear not! The KISS frontman is back with a real doozy. He recently popped up on Fox News' "Trending with Andrea Tantaros," and this time he's speaking directly to the ladies in the audience. "Life is not a straight line, and I'm here to say women think differently than men. Men must work for a living. Women have the option of becoming the housewife, which is respectable and wonderful, but what happens when the man runs away?" Simmons opines. "Don't depend on them. Why should you? They don't depend on you for anything. The less you depend on a man for emotional and financial support, the better off you'll be." So let's all stop depending on each other and start making that money! The God of Thunder has spoken!

GETTY IMAGES

Meet Kevin Smith, the goofy spaz

Kevin Smith shaved his beard! Yes, he ditched the iconic facial fur for a shot in his new film, "Yoga Hosers." Now, I'm not suggesting it's news anytime the "Clerks" director does anything hygiene-related, but the results here are astounding. "Look at this goofy spaz," Smith says in the Instagram post revealing the change. Look at him, indeed.

INSTAGRAM

2 CULTURE

Twitter feed

Today, Chloe Grace Moretz is jonesing, Bette Midler is worried about the children's toys and Jaden Smith is itching to launch a rap career.

@ChloeGMoretz: Seriously need a @soulcycle bike to ride when I'm outta town :(missing

@BetteMidler: Toys R Us pulled "Breaking Bad" action figures from the shelves. But where will Barbie get the amphetamines to keep her 2-inch waist?

@officialjaden: Dear Everybody Who Can Rap Better Than Me. Please Show Me. Cause I Got 2 Or 3 Albums In Stock Ready. You Just Give Me The Word.

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JAKE GYLLENHAAL EATS AT POD, CENTURY 21 PARTIES

BOLDFACE

A.D. AMOROSI

A.D. Amorosi is a journalist covering arts, entertainment and food news and gossip. He can be reached at divaland@aol.com.

The long-vacant **Pearl Art** building at Fourth and South is getting a new occupant. Performance school/studio **Millennium Dance Complex**, run by **Lori Long** and with instructors such as **Cris Judd** (**Jennifer Lopez**, **Michael Jackson**), starts enrolling students opening weekend, Nov. 28 to Nov. 30.

All of Season 2 of "Alpha House," the comedy about senators living together in one Capitol Hill townhouse starring **John Goodman** and created by "Doonesbury" cartoonist **Garry Trudeau**, was just added to Amazon Prime, and viewers will see some familiar faces. **Ed Rendell** runs for Senate against Philly actor **Clark Johnson** ("The Wire"), and comedian **Wanda Sykes**, currently a Media, Pennsylvania, resident, also makes an appearance.

The Barrymore Awards for Excellence in Theatre held its ceremony at the Merriam and its after-party at the Kimmel — and had more surprise drama than the plays it celebrated. Along with upset victories for **Inis Nua Theatre** (several awards including Best Musical and Emerging Company) and local thespians **Charlie DelMarcelle**, **Ben Dibble** and **Liz Filios**, the F. Otto Haas Award for an Emerging Philadelphia Theater Artist (Filios again) came with a shocker. On stage and without prior announcement, **Carole Haas Gravagno** upped the $10,000 to $15,000 and added $1,000 to the runner-ups' prizes, too.

Cuba Libre chef/partner **Guillermo Pernot** and chef/"Hell's Kitchen" contestant **Jennifer Salhoff** will debut new tapas and a Latin Grill menu section at the Old City restaurant on Oct. 29.

Alexis Sims served Century 21 Executive Vice President Eddie Gindi from her Champagne dress at the store's grand opening party.
STEVEN BARANOWSKI

Seen on the scene

- The grand opening celebration of the 95,000-square-foot **Century 21** department store on Eighth and Market has gone on for days. Several private parties, featuring corporate execs from the New York-based store and a men's fashion show from **Sabir M. Peele** of MensStylePro.com, were highlights preceding yesterday's ribbon cutting. At the public opening, the first 300 shoppers received mystery gift cards worth up to $1,000.
- **Jake Gyllenhaal** joined the crowd at Saturday's student-only screening of upcoming crime thriller "Nightcrawler" at Rave Cinemas University City 6, while Locust Moon Comics Festival went on next door at the Rotunda. Gyllenhaal and director **Dan Gilroy** posed for photos and introduced the film, after they ate at Pod and hit up Harvest.

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The Weekly Yelp. Four options for when you're craving whiskey

When winter hits, nothing warms those chilly bones quite like a sip — or a flight — of whiskey. So consider this your boarding pass to four of the very best whiskey bars in Philadelphia.

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Lloyd

529 E. Girard Ave., Fishtown
The bartender ... told me about the flights. He said if I was a newbie, the flights wouldn't be that great for me and made me a custom flight. And it was perfect. I now know exactly what to get and what style I like. **DAVID S.**

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4161 Main St., Manayunk
They have an outstanding beer list and also some extensive whiskies and scotches. The drinks are fairly priced. Don't be afraid to try a whiskey flight. **JARED J.**

Village Whiskey

118 S. 20th St., Rittenhouse
If you like whiskey, you have to come here at least once — the whiskey flight is generous and provides great variety (sweet, spicy, strong). **JESSICA B.**

The Trestle Inn

339 N. 11th St., Callowhill
The whiskey sours were delicious and stiff. ... Would recommend this place if you are a whiskey lover. **VINAYAK B.**

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TV Watch list

COMEDY

'Modern Family'

Claire lets Phil take over Halloween planning for the Dunphy home, which leads to him rechristening the place "AwesomeLand." **9 P.M., ABC**

Things are starting to look not so awesome in Phil's AwesomeLand on "Modern Family." JOHN FLEENOR, ABC

'Key & Peele'

Key and Peele share some insights into how a serial killer could be stopped, and get in the spirit of Halloween with a sketch about a vampire. **10:30 P.M., COMEDY CENTRAL**

DRAMA

'Red Band Society'

Additional details about Charlie's accident are revealed, leading to a moral dilemma for Nurse Jackson. **8 P.M., FOX**

REALITY

'Top Chef'

In a nod to Boston (the host city), the contestants have to make meals accented with tea, then have to present their finest spin on the ballpark dog at Fenway Park. **10 P.M., BRAVO, LISA WEIDENFELD**

Shailene Woodley gets risque

"WHITE BIRD IN A BLIZZARD" COMES OUT FRIDAY. FILMMAGIC

Interview. The star likes the way "White Bird in a Blizzard" doesn't shy away from teen sexuality.

Shailene Woodley hugs you if you're interviewing her in person. "It just gives us more of a connection," the actress says. She doesn't seem untouchable, even though she starred in two of 2014's hits ("Divergent," "The Fault in our Stars"). In fact, the film she's peddling is the opposite of her previous blockbusters. "White Bird in a Blizzard" is a small, color-coded, sex-positive blend of drama, comedy and mys-

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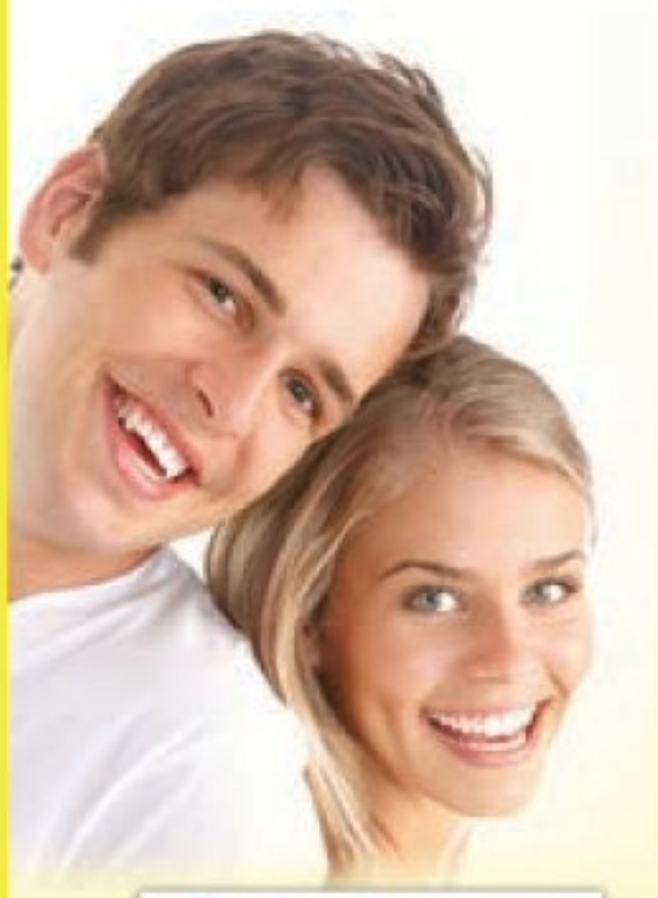

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Shailene Woodley canoodles with Shiloh Fernandez in "White Bird in a Blizzard." / MAGNOLIA PICTURES

tery from indie and New Queer Cinema bad boy Gregg Araki ("The Doom Generation," "Mysterious Skin").

Woodley plays a high schooler in the 1980s whose faintly insane housefrau mother (Eva Green) vanishes without a trace. But her character isn't an era stereotype. "One thing I love about Kat is she's not goth, she's not punk, she's not grunge," Woodley explains. "She's this eclectic, alternative mix of a bunch of different things."

Like most Araki films, "White Bird" is carefree with sex, which was fine with Woodley, who found it refreshing. "Most adolescent films explore all the heartbreak and first love, but never explore the sexuality factor, which is huge," she says. "That's the defining thing of adolescence, figuring out who you are sexually — being scared of it, being excited by it, being liberated from it and nervous about it and in competition with others. There are so many different elements that are involved that no one really explores in movies."

MATT PRIGGE
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matt.prigge@metro.us

Online life

Shailene on social media

"White Bird" takes place long before we were all glued to our phones. Woodley herself tries to limit her own social media life. "It feeds insecurity," she explains. "Instagram is all about a story. It's all about, 'Look how interesting I am, how neat my life is, and I want you to like it so I feel validated even though I don't know you.'"

But she doesn't hate all social media: "I think Twitter's actually really genius, because you can wake up in the morning and you have a feed of the things you're interested in," she confesses. "It's like a personalized newspaper. I think it's smart, but it's just abused."

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The sound of silence

CMJ. The joyous album that Ages and Ages are promoting came from a period of deep introspection.

Perry, left, rocks out with bandmates Rob Oberdorfer and Sarah Riddle during last week's CMJ Music Marathon in New York. / ALLISON R. STEWART

When Tim Perry went into a 10-day meditation retreat, he says he wasn't consciously doing so to formulate all of the material for his band's latest album. But after more than a week without speaking to anybody or being spoken to, the songs that poured out of him formed the bulk of "Divisionary," the second full-length release from Ages and Ages.

"About 99 percent of what we immerse ourselves in is missing the point, so I was just hoping to have some alone time to try to figure it out," he says. "It's really simple. It's almost boringly simple."

But the resultant music is far from boringly simple. Ages and Ages combine soul-searching lyrics with the harmonic exuberance of Fleetwood Mac, the personal vitriol of Elliott Smith and the rich production of The Shins.

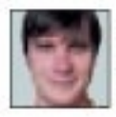
The album begins with a sing-along statement of purpose, "Light Goes Out," which usually begins the band's shows. The refrain goes, "All I wanna say are the words with any meaning."

"I wanted to make a statement about what we do," says Perry, "and it's also battling the idea that discussing death and darkness is not the same as being morbid or negative."

When these subjects filter through the six voices of the band members blending together in harmony, Perry's reasoning makes sense. There's a contagious joy onstage that spreads to the crowd.

"In a world where a lot of negativity exists, and where some of the problems are just downright overwhelming, how do you carry yourself amidst that ... without falling into apathy or just giving up, or just getting depressed?" wonders Perry.

Perhaps the answer is in his band's music.


PAT HEALY
@metrousmusic
pat.healy@metro.us

Where you've heard them before

On 'The Blacklist'

Ages and Ages received a boost in sales earlier this month when their song "Divisionary (Do the Right Thing)" appeared on the Season 2 premiere of "The Blacklist." Perry seems pleased: "We've done other shows before, and I've always found it ... not anything I'd want to hang my hat on, but I was happy with the placement. I think they did a good job."

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Design a kitchen you love

Advice. Camille Finan says that women need contemporary cabinets and a cordless drill.

Does your kitchen need an update, but you're not sure where to start? For every woman who has ever felt daunted by kitchen renovations, here's your knight in shining armor: cabinet maker Camille Finan's new book, "Kitchen Love Story." Finan, who owns her own kitchen remodeling company, wrote the book to help women navigate the usually torturous process of kitchen alterations. "I've been in the industry for quite a while and all of my colleagues are men," explains Finan. "They have a very different way of approaching kitchen design." From hiring the right contractor to staying within budget, she give us advice from the female perspective.

We're really loving white cabinets and tiles for the kitchen. / PHOTOS.COM

The bigger, the better

Bigger handles on your cabinets are more accessible and just plain easier than tiny ones, explains Finan. She almost always uses a pull 6 inches or larger.

Bare essentials

"People keep things they don't use very often right next to stuff they use every day to make their grilled cheese or scrambled eggs," says Finan. "Take out things like Christmas plates and store them somewhere else."

Drawers make a difference

For the perfect kitchen remodel, the most revolutionary adjustment is how you handle your base cabinets. Put in base cabinets with drawers instead of doors, stresses Finan. "It's the single biggest change that will make the most dramatic impact in your kitchen," she says. Wouldn't it be nice to just look down instead of digging in the back corner trying to find what you need?

MOLLY CONGDON
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PLUS

DIY

Get a handle on it

"A good first project is putting handles on your cabinets," Finan says. "You're just drilling holes and screwing handles on."

The crux of the cabinet

Everyone hates when cupboard doors slam shut. "Replace regular hinges on doors of cabinets with soft-closing hinges, which are easy to put on," Finan says. She suggests checking Rockler.com for options.

Tip

Corral your seasonings

Instead of having your garlic powder, tarragon and nutmeg haphazardly placed in a cabinet, invest in a spice insert drawer.

"It allows spices to lay in a drawer horizontally, and you can see them all," Finan says. "Plus, it frees up your upper cabinets for cups, glasses and cereal bowls — which is really what they are made for."

FUSE

Keep handy

Essential instrument

The one thing every woman should have in her tool belt, according to Finan, is a cordless drill. "Every girl ever born should just come with a cordless drill," she says. "It's that critical." She loves them because they're small and lightweight and get just about any job done. "You can hang pictures, put in shelves — sky's the limit," says Finan. "It's great for any project, and you can find one for $100 or less."

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Here are stills from our own Hyperlapse video. Visit www.metro.us to view it. / METRO

Hyperlapse

Price: Free
Platform(s): iOS

In 1982, monk-turned-filmmaker Godfrey Reggio wowed moviegoers with "Koyaanisqatsi," a maximalist art film whose centerpiece was a 15-minute block of time-lapse photography — a camera trick that made various parts of urban life look like it was in fast-forward. It was a laborious and impressive undertaking.

And as with most things wondrous, now you can do it with ease on your smartphone, for free.

The new app Hyperlapse was created by the makers of Instagram, which as already rendered professional photographers obsolete by giving everyone an army of photo-improving filters. With Hyperlapse, you don't have to do anything but aim your camera at a thing you want to time-lapse — a setting sun, you zig-zagging down the street, a cat doing something catlike — tap the screen once, then tap it again when you're done.

You don't even have to keep your hand completely still — there's an automatic digital stabilizer built in.

Is this evil, or an offense to professionals? Yes.

Is it cool anyway? Yes, that, too. Some of the guilt of normalizing a trick so spectacular — if, it should be noted, long overused, thanks to commercials and endless copycats — is lessened by the app's time limitations.

Hyperlapse only allows for just over five minutes of shooting, which boils down to about 50 seconds of video. Meanwhile, Instagram only allows shared videos to run 15 seconds.

And despite being an offshoot of the social media app, Hyperlapse isn't social.

If you want to post and communicate with others, you'll still have to head over to Instagram.

But hey, you've still made a film. Put that masterpiece on YouTube.

Alternatives

Sorry, Androiders

If you're on Android and really want in on this game, you can find non-Instagram alternatives. The best of these is the elegant Framelapse, which also allows users to do things such as use white balance to really bring out the colors. You can also go with Lapse It or Overlapse.

To the past

A brief history of time-lapse

The details of time-lapse photography are simple: All you're doing is shooting fewer frames than normal. If 30 frames constitute a second, only one of those is captured. Indeed, the technique has been around almost as long as cinema. Georges Meilies used it in his 1897 "Carrefour de l'Opera." It was a fixture of avant-garde films and used in movies such as "A Clockwork Orange."

APP APPEAL
MATT PRIGGE
matt.prigge@metro.us

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Shopping. & Other Stories opens

What's up with the hordes around Prince and Broadway in NYC? H&M's sister brand, & Other Stories, which launched in Europe in March 2013, opened its first U.S. store last week on 575 Broadway.

Here's why you should battle your way inside: Besides the chic European sensibility that comes from having ateliers in Paris and Stockholm, what makes the brand so unique, explains Anna Teurnell, head of design, is the mix of styles it offers. This includes "everything from tailored innovative pieces and quirky bohemian-inspired styles to flattering feminine silhouettes and rougher elements, for that effortless look," she says.

& Other Stories' women's ready-to-wear, accessories and beauty items are well priced. Items range from $9 for nail polish to a $495 mohair coat.

Prefer to do your damage online? The brand's new e-commerce site, Stories.com, is open for business as well. TINA CHADHA

There's a new store to hit up on your next New York shopping spree. PROVIDED

Fashion

Nicole Miller debuts dress for 76ers' dancers

The 76ers are going high fashion. Designer Nicole Miller created a new dress for the Sixers Dancers for the 2014-2015 NBA season.

"The story of the Sixers Dancers goes hand in hand with our latest campaign, which is based around the tagline 'You don't have to wear a suit to feel strong,'" Miller said in a statement.

The 22-member troupe will wear the dresses — fitted jerseys in the team's signature blue and red colors — at the home opener on Saturday. METRO

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Movember reign

Kickoff party

Shave the date

Get a professional start to your Movember on Thursday at Frankford Hall (1210 Frankford Ave.) during the launch party kicking off the campaign, with food and drink specials all night beginning at 6 p.m. Registered Mo Bros can opt for a free shave from a professional groomer.

Mark Hedstrom says his mustache starts looking good around Day 28. / PROVIDED

Live better

1 Start talking
In his experience with friends dealing with depression and anxiety, Hedstrom said pushing them to get help is vital, but so is simply being available to talk with them when smaller things happen.

2 Get educated
Face the risks and know what you can do to minimize yours.

3 End the stigma
Whether it's a friend, family member or doctor, they can all help in their own ways. But first, men must recognize the validity of emotional issues and learn the necessary coping mechanisms.

Movember. Support men's health with a monthlong mustache.

As far as lifestyle changes go, committing to a mustache is not huge. But Mark Hedstrom hopes that it can grow — pun intended — into something major.

Hedstrom heads up the U.S. Movember campaign, which began in Australia 11 years ago over a conversation about fashion trends between two friends who "challenged each other to grow mustaches and were quite surprised by the conversations that they started." Movember now spans 21 countries and has raised $550 million for men's health initiatives.

Though it never resurfaced after the early '90s in pop culture, facial hair has been on the rise as a niche fashion trend in recent years, with Brooklyn's hipsters forging the path to redeeming the often sketchy reputation of beards and mustaches. Though they sport facial hair year-round, Hedstrom says they actually embody this year's Movember campaign. "The theme this year is 'Made in Movember,' this idea of acting in a local environment but thinking globally. So when you look at these guys in Brooklyn and Seattle who have beards, mustaches, facial hair, it all comes from this idea of reconnecting with the community."

Ladies, whether wives, girlfriends, sisters and mothers, can get involved as Mo Sistas. After all, they're usually the ones making a difference in men's health. "Oftentimes, women are the ones who are much more comfortable talking about both physical and mental health issues," such as family history of cancer and mental health problems, he said.

Hedstrom, 41, is still honing his game plan for this year's Movember. He typically doesn't have facial hair, which his wife prefers, but for one month they become Team 'Stache.

"She helps me pick out my mustache," he said. They also collaborate on a costume (the Mario Brothers made an appearance one year) for Movember's gala at the end of the month. "For me, Day 28 is when it starts looking good."

EVA KIS
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Raising awareness

Prostate cancer

The second most common cancer in men, with 220,000 new cases each year in the U.S. and 32,000 deaths

Testicular cancer

"[It's] highly survivable if caught early, but the challenge is there are still about 500 to 600 U.S. men who die from the disease each year."

Mental health

This year's campaign emphasizes managing psychological issues such as depression, anxiety and stress.

Three famous mustaches

Tim Lincecum

Every sport has its fashions and superstitions, but perhaps nowhere else do those two combine for memorable experiments in facial hair than baseball. Most recently, 30-year-old San Francisco Giants pitcher Tim Lincecum has experimented with various facial hair styles since a series of lackluster seasons after winning a Cy Young Award in 2009, but it was a mustache that saw him pitch a second no-hitter in less than a year in June. It may not be a robust mustache, but it's got it where it counts.

Tom Selleck

He's the beacon of hope for any man whose decision to grow the facial accessory has been called into doubt. His 'stache made its debut on "Magnum, P.I.," and Selleck hasn't been without it since – CBS balked when he suggested shaving it off to play a police commissioner on "Blue Bloods." Esquire magazine estimated that it would take five months to grow a similar one – good luck.

John Watson

Trying to move on from a traumatic event often involves a major change: moving to a new apartment, changing jobs or taking up a new habit. For Sherlock Holmes' partner on the BBC's "Sherlock," it meant growing what became known as a "mournstache" after the detective faked his death in the series 2 finale. Not that Watson would admit his 'stache in any way represents his feelings – when quizzed by his fiancee about why he was shaving it off after Holmes returned and made insulting it his first order of business, he declared, "I don't shave for Sherlock Holmes." Yes, you can get that on a T-shirt.

Horoscope

♏ Scorpio | Oct. 23-Nov. 21. Friends will question what you are trying to do. Your impulsive nature will attract attention.

♐ Sagittarius | Nov. 22-Dec. 21. It's vital that you keep meticulous records of your expenditures. You work hard, but money has a way of slipping through your fingers.

♑ Capricorn | Dec. 22-Jan. 20. You will have to decide whether a romantic relationship has become too one-sided. If you do not share the same depth of feeling, a talk is in order.

♒ Aquarius | Jan. 21-Feb. 18. Trust your intuition if something doesn't feel right, and make the necessary alterations. Use discretion.

♓ Pisces | Feb. 19-March 20. An unusual creative project will take you in a new direction. You'll make new acquaintances and discover abilities.

♈ Aries | March 21-April 20. Find a quiet corner where you can reflect on your personal lifes. Soul-searching will give you a better understanding of your motivations.

♉ Taurus | April 21-May 21. New friendships will develop if you mingle. Attend events that bring you into contact with those who share your passions.

♊ Gemini | May 22-June 20. Make sure you understand what's included and what isn't. It's up to you to be diligent and to ask questions before you sign.

♋ Cancer | June 21-July 22. You may be feeling anxious or temperamental. You won't be helping anyone if you fly off the handle. Keep your opinions to yourself for now.

♌ Leo | July 23-Aug. 22. Things will improve if you work alone. You will accomplish more without distractions. Eliminate jobs that have been put on hold for too long.

♍ Virgo | Aug. 23-Sept. 22. Take advantage of your high energy to accomplish your goals and open up time to do things you enjoy.

♎ Libra | Sept. 23-Oct. 22. You will face ups and downs regarding family matters. Listen to complaints and work to rectify the problems. EUGENIA LAST

Sudoku: Easy and hard

5			2	8	6		9	
4			7			6		
	6						3	
9		5						1
6	3			5			8	9
1						2		6
	4						1	
		8			9			3
	5		6	7	1			2

	2				5	6		
				4				1
3			8			2	9	
					7		5	6
4		7	1		3	9		8
2	6		9					
	9	2			1			5
5				7				
		1	5				3	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Poehler book worth a read

Re: '3 things Amy Poehler gets real about in "Yes Please"' (Metro, Oct. 28)
I just love Amy Poehler. I will definitely read her book. Reading an experienced, mature and realistic account that is funny can add a lot of wisdom and laughter in our lives.
NIALEE, VIA EMAIL

Trade has good effect on world

Through trade, the U.S. makes and keeps ties with various nations around the world. Worldwide, the standard of living has been improving in countries large and small. The conditions are not perfect, but they are getting better over time. In terms of business, throughout the world there is a balance that provides U.S. corporations and companies with opportunities. When U.S. prices are up, construction and technical projects get put on hold, while some other world locations have lower prices, construction and technical projects get thrown into action and vice versa. Investments work very much in the same fashion. When Asia or Europe is down, the U.S. is up, and when the U.S. is down, the other markets are up. World trade overall has a positive effect on the world economies, and in turn on our great nation.
ANDREW FEINSTEIN, VIA EMAIL

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Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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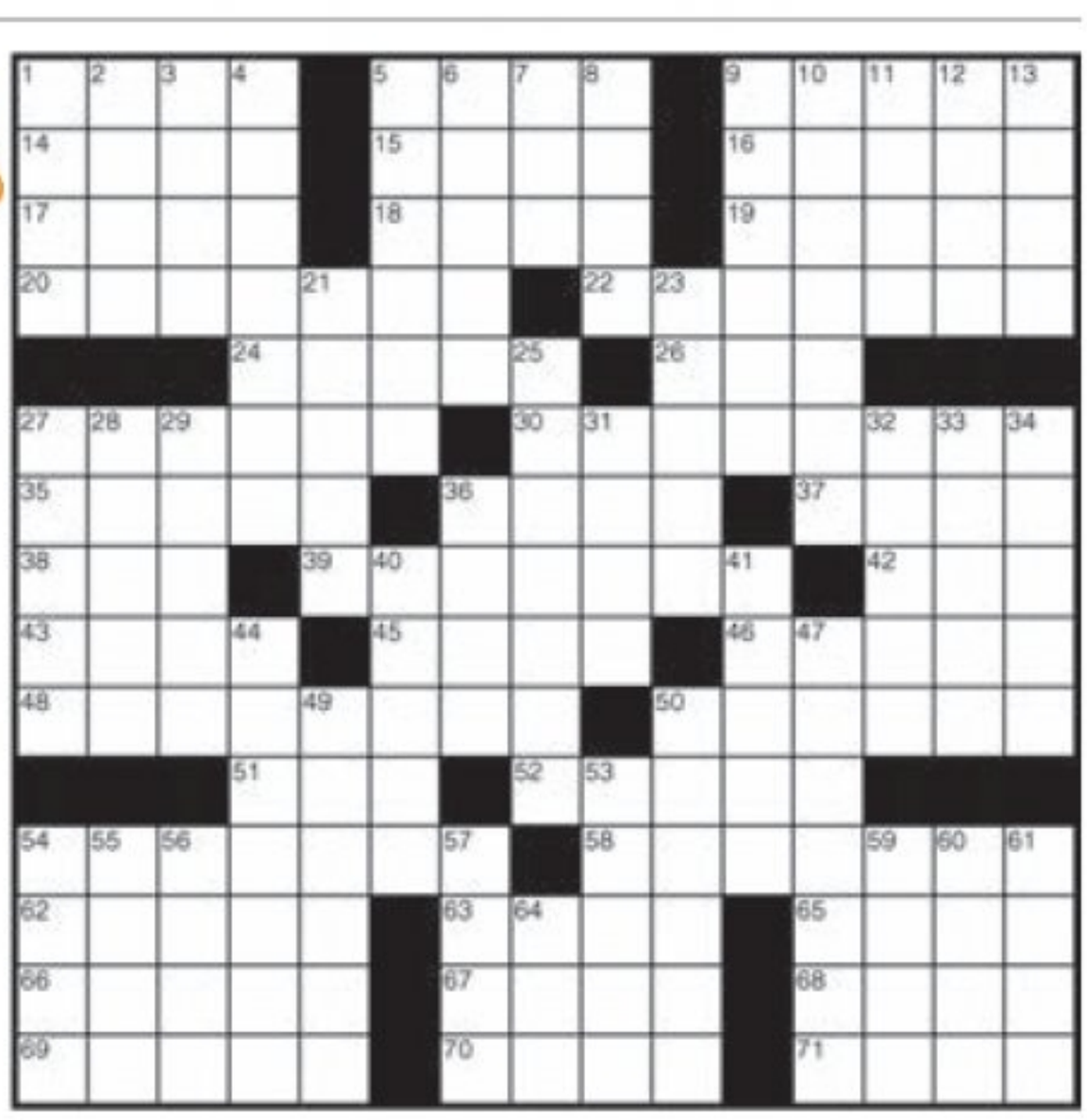
5 Gangplank
9 Tournament of yore
14 Jai —
15 Brink
16 Shin neighbor
17 Valhalla honcho
18 Play charades
19 Bierstube order
20 Town in oaters
22 Not just snacks
24 Costume
26 Debussy subject
27 Reeks
30 Imputes
35 Kind of gun
36 Levee
37 Vaccine type
38 Flair for music
39 Floppy-eared pooch
42 Take advantage of
43 Love, to Picasso
45 RBI raisers
46 Added brandy
48 Hydrant hookup
50 Rolls with holes
51 Favorite —
52 Serious theater
54 Prairie howlers
58 Solo
62 Out of the cocoon
63 Beat the rap
65 Smoked salmon
66 Fill the bill
67 Nautical position
68 Foul mood
69 Late summer flower
70 Ptarmigan
71 It may be tall

Down
1 London hoosegow
2 "Hawkeye" Pierce
3 Carnival
4 Wheedle
5 Pays by mail
6 Farewell
7 Movie studio
8 Look searchingly
9 Reddish mineral
10 Smallest Great Lake
11 Luau strings
12 Gill opening
13 Wallet stuffers
21 Canasta combos
23 Game-show host
25 Put a coat on
27 Grain bundle
28 Florida port
29 Goof
31 Snowshoes alternative
32 Lee or Willis
33 Canvas support
34 Iditarod vehicles
36 Rostrum
40 Stay in touch
41 Altiplano ruminant
44 Willpower
47 Opposed
49 More sultry
50 — on (relied)
53 It inches along
54 Juan's house
55 Lyric poems
56 Mongol dwelling
57 Q-Tip
59 Portuguese lady
60 Fiendish
61 Sticky fruit
64 "Float like a butterfly, sting like a bee" boxer

Yesterday's answer



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3 SPORTS

Herremans practices

Eagles deal with injuries

In the fourth quarter against the Cardinals, Eagles offensive lineman Todd Herremans was blocking with one arm, due to what was later revealed to be a torn bicep. He appears to be OK, though. "He's doing fine," Pat Shurmur said. "He was in and out of the game the other night."

5 76ers to watch as 2014-15 season tips

NBA. The 76ers are not expected to do much in "Tank Year No. 2," but there are still some notable players.

As the 2014-15 season gets underway for the Sixers, it's time to focus on the players expected to make the greatest impact. Michael Carter-Williams is expected to miss at least the first five games as he recovers from shoulder surgery. So who's going to fill the offensive void he leaves behind? Here's five players to watch for the upcoming season.

JEFF MCMENAMIN
@MetroPhilly
sports@metro.us

Tony Wroten

Wroten set the tone for the Sixers' offense during the preseason, notching 13.9 points, 4.0 rebounds and 4.6 assists per game.

The guard from Washington should produce similar numbers to start the season, filling in for an injured Carter-Williams at point guard. Wroten can be lethal in the scoring department.

He registered 25 games of 18 or more points last season.

When Carter-Williams finally returns to action, expect Wroten to be the first man off the bench to provide a scoring spark.

WROTEN COULD BE THE SIXERS' LEADING SCORER.
ALL PHOTOS GETTY IMAGES

Carter-Williams will miss the first few games of 2014-15.

Michael Carter-Williams

Carter-Williams is cleared for full-contact practice on Nov. 6. When the reigning Rookie of the Year finally returns to the court in the NBA regular season, expect him to quickly shake off the rust and regain his position as the focal point of the Sixers offense. He averaged 16.7 points, 6.2 rebounds and 6.3 assists and nearly two steals a game last season.

Don't be surprised if his scoring numbers increase this season, but with a weaker surrounding cast, it's unlikely he'll be able to increase his assists total from a season ago.

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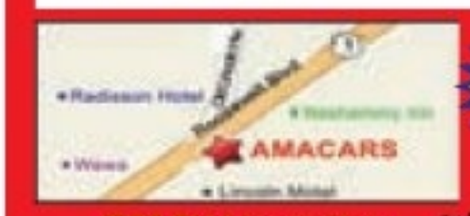

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Nerlens Noel

Could the Sixers franchise own back-to-back Rookie of the Year award winners? Noel, the team's coveted 6-foot-11 big man out of Kentucky, just might be able to accomplish that feat. Noel sat all of last season for the Sixers, recovering from a torn ACL in his left knee he sustained in his final season with the Wildcats. In preseason, he filled out the stat sheet with 8.5 points, 8.5 rebounds, 2.25 steals, 2.5 blocks and 2.0 assists. He'll need to develop more of an offensive game throughout the season, but it's not out of the question to think that Noel can steal the award from the likes of Andrew Wiggins and Jabari Parker this season.

Brett Brown expects Noel to be ready to play NBA-style hoops.

K.J. McDaniels

Welcome to the block party. McDaniels showed an impressive knack for swatting away the opposition in preseason. The 6-foot-6 wingman rose to reject a team-high 14 shots in the preseason. He also showed an impressive ability to limit turnovers and protect the rock — he committed just five in 156 total minutes played. The team hasn't been able to find a true defensive presence on the wing since the loss of Andre Iguodala. It seems like they've potentially found their man in McDaniels, the 2014 ACC Defensive Player of the Year out of Clemson.

MCDANIELS COULD BE THE BEST PLAYER FROM THE SIXERS' 2014 DRAFT CLASS.

Henry Sims

Sims will never blow you away with his play, but his steady production is what led him into the starting center spot for the Sixers this season. Sims is one of the few players general manager Sam Hinkie has acquired in a trade that has stuck around on the roster.

He averaged 11.8 points and 7.0 rebounds in just 26 games last season for the Sixers, after being acquired in the Spencer Hawes trade with the Cavaliers. Sims continued this production in the preseason, averaging 11.1 points and 6.2 rebounds.

With added help in the paint from Noel this season, Sims should be able to get into more of a rhythm defensively and see his production increase from a year ago.

Henry Sims

Who are these guys?

76ers have new look in 2014-15

If you're a fan of the Sam Hinkie regime for the Sixers, then you've grown accustomed to the constant shuffling of the roster in order to accomplish what he believes are the best moves for the franchise. With about an hour left before the roster deadline, the Sixers waived Elliot Williams and surprisingly Marquis Teague, a point guard they had acquired in a trade with the Brooklyn Nets just days before, along with another 2019 2nd round pick for Casper Ware.

Jason Richardson, the 13-year veteran who could miss all of the 2014-15 season with a stress fracture in his right foot, was safe. Brandon Davies, who averaged a mere 2.8 points and 2.1 rebounds last season, was safe. And with those subtle moves, the Sixers roster was finalized.

In total, just five of the 15 players on the Sixers roster registered minutes for the team last season. Richardson and Nerlens Noel were on the team, but sat out for the entire 2013-14 campaign due to injuries. Malcolm Thomas, who was just signed to the team on Saturday, didn't even have the chance to showcase his talent in preseason.

Until the "tanking" ends, expect more of the same from Hinkie. He has the ability to pick up players on 10-day contracts for injured players starting on Jan. 5, a way in which he acquired six different players last season. It will be yet another Hinkie carousel in 2014-15.

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Expectations set very low for young Sixers

NBA. Michael Carter-Williams and Nerlens Noel will take leadership roles on a very young team.

The Sixers hope Carter-Williams and Noel are staples of the lineup for years to come. / GETTY IMAGES

Training camp is about hope and optimism.

When each NBA team formally gets together for the first time, there are so many things to be excited about.

The same goes for the 76ers, but it's a little bit different in 2014-15.

The Sixers open the season Wednesday at Indiana, travel to Milwaukee on Friday and then host the Miami Heat on Saturday night at the Wells Fargo Center.

In all three games, the Sixers will be underdogs.

It's likely to be that type of season — building for the future. When Arnett Moultrie was traded to the New York Knicks, it left Hollis Thompson as the most experienced player on the active roster.

Reigning Rookie of the Year Michael Carter-Williams and Nerlens Noel are reasons to be stoked about future seasons, but MCW is coming off shoulder surgery and is expected to miss at least the first two weeks. Noel has never played in a regular-season game, though he has progressed nicely in the summer league and preseason on the way back from ACL surgery about 20 months ago.

Quoted

"I will look for those two to start assuming the responsibility of the growth of a culture."

Brett Brown, head coach, on Michael Carter-Williams and Nerlens Noel

The remainder of the team is also young — incredibly young.

General manager Sam Hinkie has a plan in place, and stockpiling assets seems to be a part of that plan. Joel Embiid may miss the entire season with a stress fracture in his foot. First-round pick Dario Saric could remain overseas for two more years before potentially joining the Sixers.

In three seasons, a starting lineup of MCW, Noel, Embiid, Saric and an unknown fifth starter is quite promising.

There's a long way to go between now and then. For now, the 82 regular-season games must be played.

Las Vegas oddsmakers believed the Sixers will win roughly 15 games. That's six more than the nine wins compiled in 1972-73 when the Sixers made history for the worst season ever.

Head coach Brett Brown remains unfazed.

He's full of energy and sees the future beyond this season. He expects the young players to improve, especially MCW and Noel.

"I [need them] to understand the responsibility and privilege they really have to help build the foundation and cornerstones of our culture," Brown said. "They have a real opportunity to come in and lead in that area. I have to coach them there, too."

Brown added, "They're going to have to be [ready] and I think that it's going to be up to me to give them realistic goals and coach them in areas that they can experience success. Some of that doesn't mirror up to their age, what true leaders do. So I've got to be smart with where I ask them to lead and how they lead and coach them to lead."

While a number of teams have championship aspirations — the San Antonio Spurs, Los Angeles Clippers, Chicago Bulls, Cleveland Cavaliers, Miami Heat — the Sixers have a different set of goals.

It's all about improving. And that's going to take a while.

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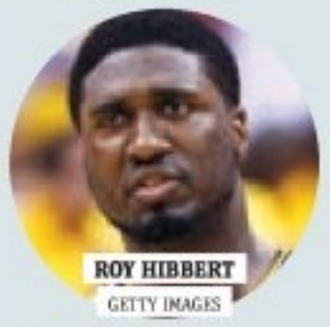
ROY HIBBERT
GETTY IMAGES

Sixers open with winnable game in Indy

In what may be one of the only times the Sixers actually have a legitimate shot at a win this season, the team takes on an injury-riddled Pacers squad to start of the 2014-15 season.

The Pacers announced Monday that they'll be playing without starters David West and George Hill on Wednesday. They're already missing injured star Paul George, who had a compound fracture of his right leg with Team USA this summer and is expected to miss the entire season.

That leaves a less-than-stellar lineup led by Roy Hibbert and Luis Scola left, one which the Sixers might be able to steal a win from. Just last season, the Sixers opened up with a shocking 114-110 win over LeBron James and the Miami Heat. This Pacers team is a cakewalk compared to the 2013-14 Heat, but this Sixers team is expected to finish worse than last year.

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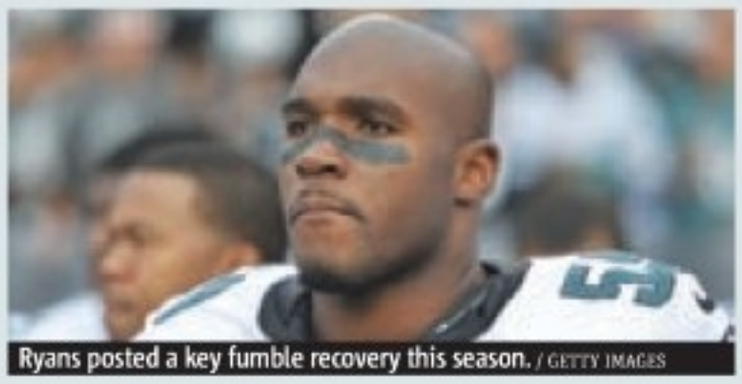
Eagles top LB to face former team

Before the 2012 season, the Eagles acquired DeMeco Ryans from the Texans and they weren't exactly sure what to expect from the 28-year-old veteran.

Now, as Ryans prepares for Sunday's game against his former team, the middle linebacker has not only become the Eagles' emotional leader, he is arguably the best linebacker on the roster.

"DeMeco is one of the finest men I've been around," Eagles defensive coordinator Bill Davis said. "He's a relentless worker; you can't outwork him. He's a great leader. He's a very calm leader."



Ryans posted a key fumble recovery this season. / GETTY IMAGES

Ryans played over 1,100 snaps last season and recorded 102 solo tackles and four sacks. He's just as good this year, and Davis says it's Chip Kelly's football philosophy that keeps Ryans healthy and productive.

"Behind the scenes you know how much he puts into the recovery phase," Davis said. "Every tool that Chip allows these players to have in the recovery phase, DeMeco takes advantage of." EVAN MACY

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